

Supporting Young Carers, Young Adult Carers & Siblings

Our Mission

Improve carers' lives *and* prevent,
reduce and delay the harmful
impact of caring

Our Support

- Information and advice for carers – Carers Assessments
- Emergency support for carers of adults – What If? Plan
- Award winning Family Carers Prescription
- Flexible breaks for family carers of all ages
- Services for young carers and young adult carers, including transition planning
- 1:1 services in the community, at home & in groups for children & young people with disabilities
- Carers Centre in Peterborough
- Norfolk Care and Young Carer Forum

Why do we need to support Building Caring Communities for Children & Young People that care?

Young Carers 5-18

- There are about 700,000 young carers in the UK (BBC 2010)
- The average of a Young Carer is 12
- 1 in 3 Young Carers spend between 11-20 hours each week caring





Make Your Pledge
Building A Caring
Community
Brick by Brick

What can you help build for Young Carers ?

- The time to be a young person
- To have the same opportunities as their peers
- To have the ability to access good support and information for them & their families
- To know they have rights





Young Adult Carers 14-25

- There are over 375,000 Young Adult Carers in the UK
- A quarter of Young Adult Carer are bullied at school because of their caring role
- 44% of Young Adult Carers reported a mental health issue – twice national average



What can you help build for Young Adult carers ?

- Support for school/colleges to develop strategies to identify and prevent bullying
- Support in schools/colleges to ensure they don't fall behind or give up
- Awareness as health & social care professionals to fully understand the impact of caring physically & emotionally



We can help

0345 241 0954

care@carerstrustcambridgeshire.org

www.carerstrustcambridgeshire.org



/CarersTrustCambridgeshire



@CarersTrustCamb

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